

The Connection

Mission Statement: Spencer County Schools will go the distance for all students!

Vision Statement: Spencer County Schools will ensure all students reach their full potential through high academic standards empowering them to become highly effective individuals.

October 7, 2010

Issue date: Each Thursday

Deadline for items: Wednesday afternoon

Submit items to Central Office:

Phone 477-3250 or via

bonnie.parsons@spencer.kyschools

Congratulations!

We are happy to announce the marriage of Jim Oliver and Dee Aker. They tied the knot in Hawaii earlier this week.

SCHS Senior's Chili Supper

Friday, October 8th — 4 – 7 pm

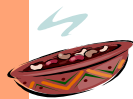
Chili, Dessert & Drink: \$6.00 in advance;
\$7.00 at the door

Auction: Silent bids 4—6 pm

~ Auction begins at 6:00

Homecoming Football Game
against Western Hills at 7:30

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Mark Your Calendar

The Smart Step-Family

Discover the Keys to Growing Healthy Relationships in
Your Step-family

Tuesday, October 26th

10 am –12 noon or 6:30 pm–8:30 pm

By **Operation: PARENT** at Operation: PARENT headquarters, 13029 Middletown Industrial Blvd., Louisville, KY 40223, (1 Minute from the Walmart/Target on Shelbyville Road near the Gene Snyder Freeway)

To register: Go to operationparent.org, click on "Speakers" and then "Register." Or, call (502) 245-7154

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**F.Y.I.:** Educators save 20% on everything in-store during **Teacher and Librarian Appreciation Weekend** Thursday, October 7 through Monday, October 11 at all Half Price Books locations.

## FOR SALE

**Hot Tub**—call for details. \$2000 or best offer. Please call 502-533-5066.



## *Support the Sweet Sounds of the Children!*

SCES Chorus is taking orders for fresh evergreen wreaths and centerpieces. For descriptions and to view pictures of these beautiful holiday decorations open the (evergreens) **attachment**. Wreaths are \$20 and centerpieces are \$15. You can call or email me to place an order. Thank you for your support!!! The **deadline** is **Friday, October 22**. They will be delivered to SCES the week after Thanksgiving. Individuals will be contacted with a specific date and time to pick up their purchase after they have been delivered to the school.

— Stephanie Puckett, SCES Music/Chorus/Percussion

It's that time again!!! You can support the **TES Chorus** and take care of some of your Christmas decoration shopping by purchasing a beautiful poinsettia plant! They are only \$14 and come in four colors: red, pink, white, and marble (a pink/white mix).

These plants are large in size and definitely well worth the money. The sale will be going on through **October 29<sup>th</sup>**. If you would like to purchase one and help support our wonderfully gifted students you can contact me by phone, 477-3339 or email. Thanks!!

## *In Sympathy*

We extend our deep sympathy to Jacob Barmore and family in the unexpected passing of his mother, Gloria K. Barmore, on October 2, 2010.

We also want to express our condolences to Connie Bowman and family in the sudden loss of her brother-in-law, Rick Williams, recently.

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## **It's Fall, Y'all!**

*Hello Spencer County Public School Employees!*

SCES asks you to save the date of **October 29<sup>th</sup>** to attend our annual Fall Festival! It is a fun, family, fundraising night that is always enjoyed by all.

We're introducing a new dinner menu provided by Value Market. You'll have your choice of a meat (ribeye sandwich, hamburger, or hot dog) with chips, a drink, a slice of Adam Matthew's cheesecake or desert of your choice. The prices range from \$6-\$8.

Of course we will have many games and activities for kids of all ages. There will be a live and silent auction in the library and you can even shop at our country store or retail/craft booths around the school too.

If you would like more information about renting booth space for your organization or self, please contact me at [ashley.phillips@spencer.kyschools.us](mailto:ashley.phillips@spencer.kyschools.us). If you would like more information about the auction, please contact Mrs. Tobbe at [erin.tobbe@spencer.kyschools.us](mailto:erin.tobbe@spencer.kyschools.us).

Thanks so much for your support and we hope to see you at the end of the month!

— Ashley Phillips

Spencer County Elementary, 1st Grade Teacher



# Kentucky Employees Health Plan

**Enroll early but not before Monday, Oct. 11**

As usual, 2011 Open Enrollment is **mandatory** and active, which means your coverage does not automatically roll over.

**Every employee must** sign up between Monday, **Oct. 11** through midnight, **Oct. 24**, for either Health Insurance,

a \* Flexible Spending Account (**FSA**)  
and/or a \* Health Reimbursement Account (**HRA**)  
to get the value of these benefits.

Watch for **(2 envelopes separately in the U.S. mail)** your individual **employee ID and password** to arrive soon. You'll need these pieces of information to sign up either online, or through Angie Greenwell at Central Office. You should already have your information booklet in your school mail bin. If not, contact Angie at 477-3250.

Of course, KEHP staff will not leave you without help. Friendly, knowledgeable folks will tour Kentucky to help you make your personal choice. Come see them at one of the **15 Benefit Fairs** held from October 4th to Oct. 22nd. Click on the following link for the location nearest you: [Benefit Fairs Schedule](#). At many of these fairs, you can sign up on the spot for 2011 coverage. If you don't need assistance, you can skip the fair and enroll online 24/7.

## **Bottom line things to remember:**

**(If you Cross-Reference you should contact Angie Greenwell at Central Office, as you cannot enroll on-line)**

- You must enroll to get benefits.
- Benefit Fairs are 10/4-10/22; Open Enrollment is 10/11-10/24.
- Watch for your ID and password in the mail.

\* beginning in 2011, **FSA and HRA** funds **cannot** be used for **Over-The-Counter** medicines unless **specifically** prescribed by a doctor.

## *Pumpkin Eaters Info*

**(Never** cook and eat a pumpkin that has been carved. Bacteria can easily grow in the **carved flesh**.)

The best pumpkins for cooking are the "pie," "sugar," "milk," and "cheese" varieties. These are typically smaller in size (usually about 3 pounds), heavier, and have a thicker stem, as compared with the field pumpkin. On the inside, these eating pumpkins have a smaller seed cavity, more flesh, and are less stringy. They cook into sweeter, juicier, and more tender, treats. Choose pumpkins that are free from blemishes and feel heavy for their size. A ripe pumpkin should have tough skin. Apply gentle pressure with your fingernail — If you can make a mark, the pumpkin isn't ready for cooking.

Keep **whole** pumpkins at room temperature for up to a month or in the fridge for up to three months. Once it's been **cooked**, refrigerate for no more than five days or freeze for up to 6 months.

Pumpkin can be cooked like other winter squash. Use a cleaver or very large knife to split the pumpkin in half or into wedges. Then scoop out the seeds and strings.

But don't throw out those seeds—rinse them, put them in a single layer on a cookie sheet, and roast at a low temperature (300) in the oven for a few minutes, stirring often to avoid burning. Roasted seeds can be eaten as snacks, or used in place of pine nuts. Many pumpkin seeds have shells, which can be removed but they can be eaten and contain extra fiber.

Be sure to toss some raw seeds into a garden spot or large outdoor pot for a beautiful blooming vine next year.

It is simple to cook. Put the pieces cut-side down in a baking dish with a ¼ inch of water. Bake at 350°F until tender enough to pierce with a fork—about 45 minutes. To make puree, let the pumpkin cool, peel off the skin with a paring knife, and use a food processor or a potato masher to puree. One pound of pumpkin will make about one cup of puree.

Another tasty way to bake is to place cut pieces flesh side up, and season with margarine or butter, brown sugar, cinnamon, or nutmeg, or stuff with a filling. Or, scoop out the cooked pumpkin and use in a casserole or other dish. There are so many more uses for the pumpkin!

**RESOURCES:** American Dietetic Association **AND** The American Gourd Society



## **How can Pizza Help a Senior?**

Please print the Snappy Tomato flyer next time you're ordering pizza. Each time you take one in, they will donate \$1.25 toward the Senior Scholarship.

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## **It Gets Scariier After Halloween!!**

Mark your calendar to catch these scary, one-act plays: Frankenstein and The Headless Horseman (a musical).

There are **over 90** middle and high school students involved in these productions, including the director for Frankenstein, RuthAnne Schultz.

Tickets are \$2 for students and \$4 for adults, on November 4, 5, 6 at 7:00 pm and on Sunday, Nov. 7 at 2:00 pm at the Middle School Auditorium.

—Shelby Steege

## **Prayer Pardners**

The Cowboy Rodeo Church will meet in the SCHS Café on Sunday evenings from 5:00 to 8:30 p.m.

**KEEP COLLECTING!** Bring lids and caps for Stacy Larue's Middle School art project.

